

Dietary Behaviors Among Florida Public High School Students



Results from the 2013 Florida Youth Risk Behavior Survey

Fact Sheet 6

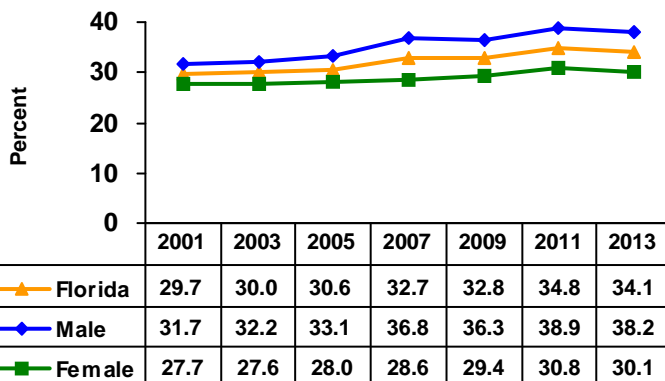
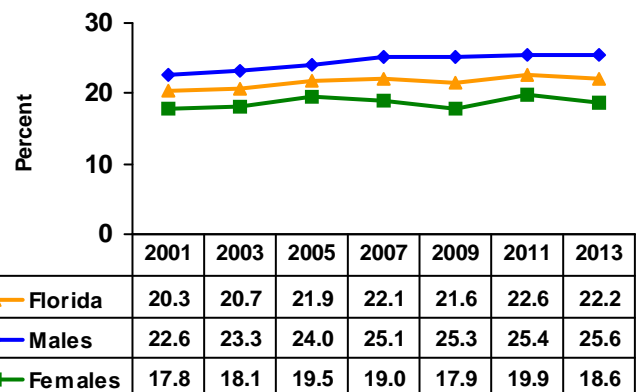
Introduction

The Florida Youth Risk Behavior Survey (YRBS) is a self-administered, school-based anonymous survey which has been conducted in Florida public high schools every two years since 1991. It is part of a national survey effort led by the Centers for Disease Control and Prevention (CDC) to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability, and social problems among youth in the United States. In 2013, a total of 6,089 students in 73 public high schools in Florida completed the YRBS. The overall response rate was 69%. Since 2001, the response rate has been high enough for the data to be weighted to represent all Florida public high school students. The prevalence estimates and 95% confidence intervals (95% CI) were calculated using SAS 9.3. The difference in prevalence between two different populations or between two different years is statistically significant if the 95% confidence intervals of the two prevalence estimates do not overlap.



Ate fruits and vegetables five or more times per day

In 2013, approximately 170,700 students (22.2%) ate fruits and vegetables five or more times per day during the past seven days. This prevalence did not change significantly from 2001 to 2013. This behavior was consistently significantly more common among males than females.



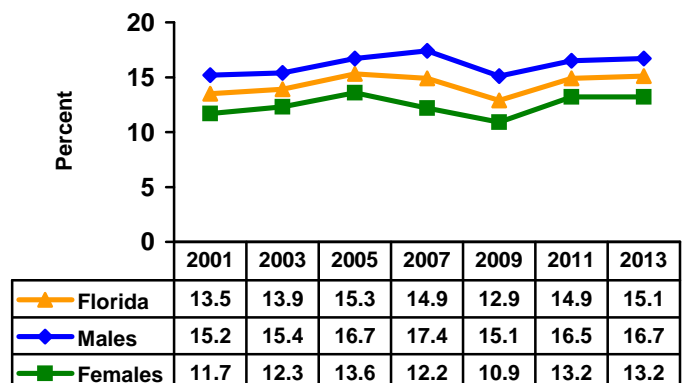
Ate fruits two or more times daily

In 2013, approximately 266,700 students (34.1%) ate fruits two or more times per day during the past seven days. This prevalence increased significantly by 14.8% from 2001 to 2013. This behavior was consistently significantly more common among males than females.



Ate vegetables three or more times daily

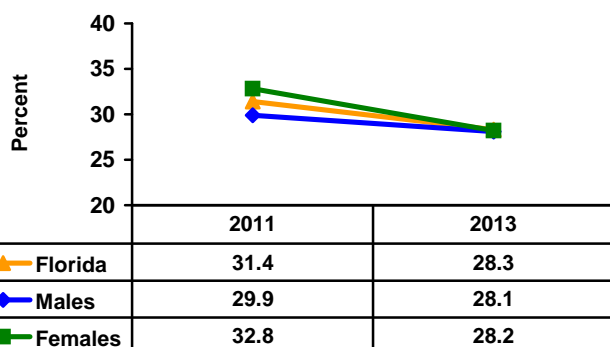
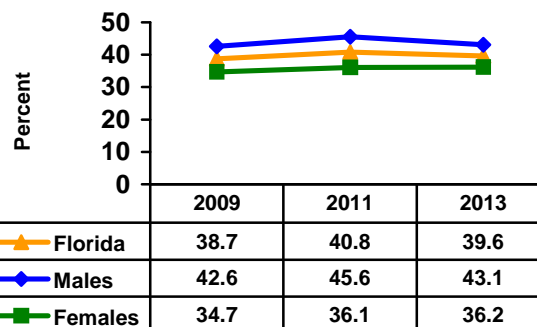
In 2013, approximately 116,500 students (15.1%) ate vegetables three or more times daily during the past seven days. This prevalence did not change significantly from 2001 to 2013, but from 2009 to 2013, there was a 17.1% increase in this behavior. This behavior was significantly more common among males than females all years except 2005.



Ate breakfast daily*

In 2013, approximately 294,400 students (39.6%) ate breakfast on seven of the past seven days. The prevalence of this behavior did not change significantly from 2009 to 2013. This behavior was significantly more common among males than females from 2009 to 2013.

*Question first asked in 2009

**Ate fast food three or more times a week***

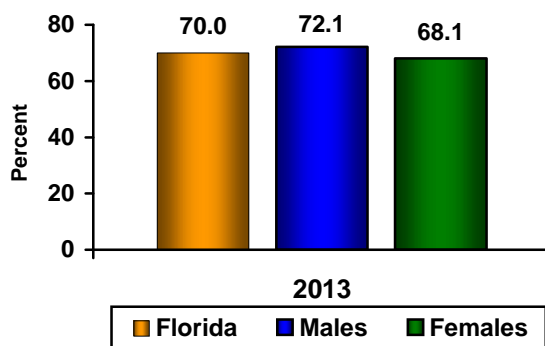
In 2013, approximately 237,800 students (28.3%) ate at fast food restaurants such as McDonald's®, Burger King®, Pizza Hut®, Taco Bell®, Kentucky Fried Chicken®, or Subway® three or more days during the past seven days. This prevalence decreased by 9.9% from 2011 to 2013. The prevalence of this behavior did not vary significantly by gender from 2011 to 2013.

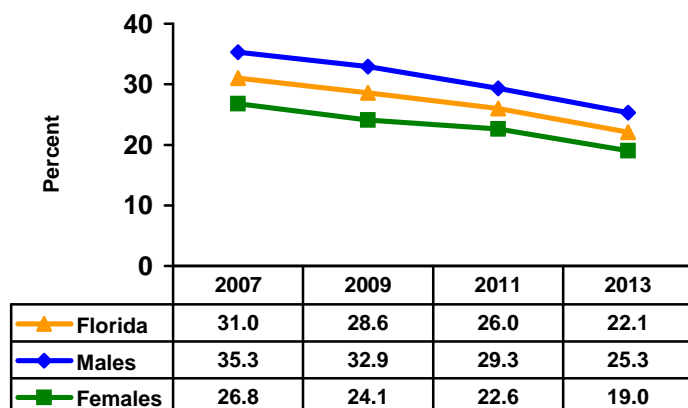
*Question first asked in 2011

Ate dinner with parents four or more times a week*

In 2013, approximately 512,600 students (70.0%) ate dinner together with their parents or guardians on four or more days during the past seven days. In 2013, the prevalence of this behavior did not vary significantly by gender.

*Question first asked in 2013



**Drank soda one or more times daily***

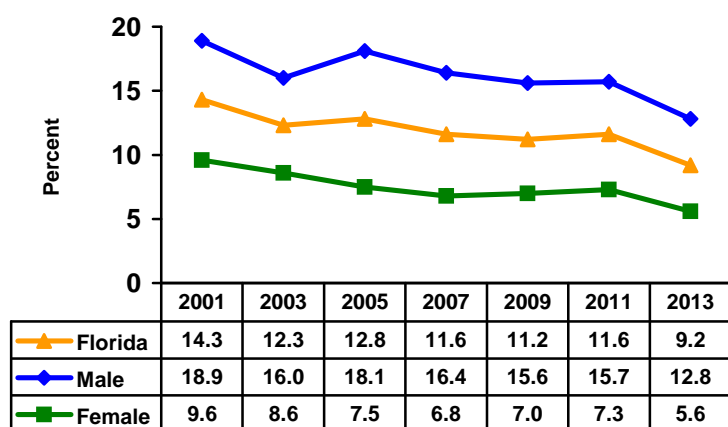
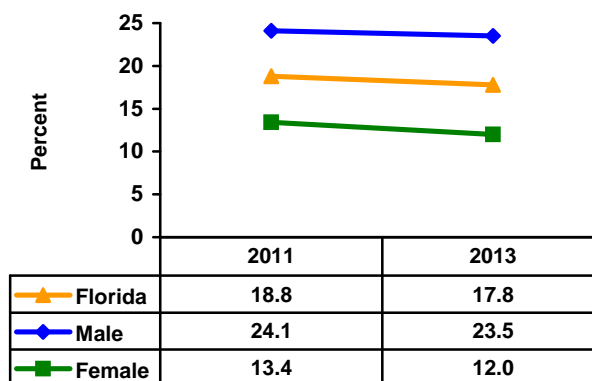
In 2013, approximately 172,800 students (22.1%) drank a can, bottle, or glass of soda, not including diet soda, one or more times per day during the past seven days. This prevalence decreased significantly by 28.7% from 2007 to 2013. Males were significantly more likely to drink soda one or more times daily than females.

*Question first asked in 2007

**Drank a sports drink one or more times daily***

In 2013, approximately 133,400 students (17.8%) drank a can, bottle, or glass of a sports drink, not including low-calorie sports drinks, one or more times per day during the past seven days. Males had a significantly higher prevalence of this behavior than females in 2011 and 2013. The prevalence was not significantly different based on race/ethnicity, grade or age.

*Question first asked in 2011

**Drank at least three glasses of milk daily**

In 2013, approximately 71,700 students (9.2%) drank three or more glasses of milk per day during the past seven days. This prevalence decreased significantly by 35.7% from 2001 to 2013. Males were significantly more likely to drink three or more glasses of milk daily than females.



For more information about the YRBS, please contact the Chronic Disease Epidemiology Surveillance and Evaluation Section at (850) 245-4401, by e-mail at ChronicDisease@flhealth.gov, or visit our website at: <http://www.floridahealth.gov/reports-and-data/survey-data/youth-risk-behavior-survey/index.html>. For an interactive database of YRBS data, visit the CDC's YRBS web site at: www.cdc.gov/yrbs. This document was developed by the Bureau of Epidemiology for the Florida Department of Education's Office of Healthy Schools in cooperation with the U.S. Centers for Disease Control and Prevention, Division of Adolescent and School Health Project Number 1U87PS004277-01.